

Tingawateteze bwanji anthu achikulire ku matenda a Covid-19?

Anthu achikulire ndi amene ali pa chiopsezo chachikulu chodwalika kwambiri akatenga COVID-19. Tiyeni tiwateteze potsatira izi:

- 1 Tionetsetse kuti anthu achikulire akukhala malo osayandikana ndi anthu ena paliponse pomwe zingatheke.
- 2 Tiwalimbikitse kusamba m'manja ndi sopo kapena kugwiritsa ntchito sanitayiza, kugwiritsa ntchito masiki komanso kutsokomola kapena kuyetsemula mwa ukhondo pogwiritsa ntchito mkati mwa chigongono .
- 3 Pamene anthu achikulire ali malo aokha, tionetsetse kuti chakudya ndi zinthu zina zofunikira pa moyo wawo zomwe tikuwapititsira ndizotetezedwa komanso zosamalidwa bwino.

